Dementia

Booklet number 5 for adults who have learning disabilities
Check for local phone numbers in Birmingham where you can find out more
No one knows what will happen as you grow older.

In this 5th booklet in the series Growing Older with Learning Disability in Birmingham we will give you information to help you, your family and your carers live with dementia.
# What’s in this book and where is it?

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What is dementia?

There are different types of dementia.

You will not always get better if you have dementia.

If you have dementia you will usually forget many things.

You may not understand what people are saying to you.

You may not be able to take care of yourself like you used to.

How you feel may change.
Why does it happen?

There are many reasons why a person would have dementia. These are just a few:

- you may have an infection caused by bacteria or viruses
- it may be tablets you are taking
- you may have had a head injury or
- you may have had a stroke - a stroke is when your blood can’t reach all the areas in your brain because they are blocked
- you may have Alzheimer’s disease, Parkinson disease or Huntingdon’s disease

You can get better from some types of dementia. Your doctor will tell you more.
Who does it happen to?

Dementia can happen to anyone.

Older people are at more risk.

Dementia does not happen to everyone.
Help for you

If you think this is happening to you keep calm.

Talk to your doctor or nurse

_________________________

Talk to your psychologist [help with your feelings]

_________________________

Talk to your family and friends

_________________________
Help for families and carers

You can talk to someone in psychology about how you feel.

You can talk to your family and friends. They could help you.

You can read the National Dementia Strategy and ask your health service what they are doing for people with learning disabilities and dementia.


Look out for a Dementia Strategy for Birmingham
What you can do to help

Try to keep a routine of daily activities. You could make up a timetable with pictures of what you would do.

Give them photos of people, friends and things that they like to do and places they like to visit.

Try to keep the person and where they are peaceful and calm.

Don’t argue with them or shout at them if they get something wrong.

Give them time to do things.
Useful information

You can speak to someone in psychology [about your feelings]
0121 465 8650

You can ask the Speech and Language Therapy team to help with how you communicate
0121 465 8707 or 0121 465 7754

You can speak to the Older Adults Nursing team to help with medication and health checks
0121 465 8750

You can speak to Occupational Therapy to help you think about things to do
0121 465 8756
More useful information

You can talk to Physiotherapy services about how to keep your body moving.
0121 465 8756

You can talk to someone about what you eat and exercise that you can do. This is called Dietetics.
0121 465 8755

You can talk to Birmingham City Council about the benefits you get and day services you could use.
0121 303 1111

You can talk to one of Midland Mencap’s carer groups.
0121 442 2944
More useful information

Down’s Syndrome Association.
0845 230 0372

From Spring 2010 Age Concern and Help the Aged will become Age UK. There are 3 offices in the Birmingham area:

Sutton Coldfield 0121 236 2197
Perry Barr 0121 358 0309
Weoley Castle 0121 477 0272

For information on services for older people in Birmingham:
0121 303 3260
Growing Older with Learning Disability in Birmingham

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My doctor .................................................................
My psychologist ...........................................................
My nurse .................................................................

Useful information can also be found on the Birmingham Learning Disability Partnership Board web site:  
www.tellusmore.org